

## Breakfast Burrito

Special thank you to the Manatee Café in St. Augustine, FL  
to purchase their delicious recipe book, visit [www.manateecafe.com](http://www.manateecafe.com)

### INGREDIENTS

Whole Grain Tortilla  
Hummus  
Salsa  
Avocado  
Cooked Sweet Potato

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### INSTRUCTIONS

Spread hummus down the center of your tortilla  
Add salsa, avocado, and cooked sweet potato

Place in the oven for 3-5 minutes. Add 1/4 cup scrambled tofu (or organic eggs) and sprouts.  
Fold and cut in half

